



Course Descriptor FSHNN481 Medical Nutrition Therapy

ACADEMIC YEAR	Fall 2020-2021		
Course Code & Title	FSHNN481, Medical Nutrition Therapy		
Credit hours	3	Level of study	Bachelor
College / Centre	College of Applied and Health Sciences		
Co-requisites		Pre-requisites	FSHNN- 370

1. COURSE OUTLINE

It is designed to examine the implementation of diet therapy and nutrition support in the treatment and management of acute diseases and critical illness such as metabolic stress, burns, surgery & brain injury, sepsis, COPD and cancer. It also describes the scientific basis behind using enteral and parenteral nutrition and immune-nutrients to modulate the immune response and improve clinical outcomes in cancer, surgical and critically ill patients.

2. AIMS

To,

- Describe the fundamentals of metabolic nutrition therapy, its importance, use and documentation style.
- Describe NCP, its basic concepts and critical thinking skills while using ADIME.
- Explain how to manage nutrition therapy in diabetes.
- Explain the role of nutrition in the management, alleviation and prevention of critical illness such as CVD and GI disorders.
- Explain the implementation of medical nutrition therapy using various case studies.

3. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS

Learning Outcomes (Definitive)	Teaching and Learning methods (Indicative)	Assessment (Indicative)
Upon successful completion of this course, students will be able to:		
1. Define the components of MNT. Understand the documentation style using the SOAP and ADIME format.	Interactive Lectures, discussion, case studies	Online written examination based on literature and case studies.
2. Describe NCP, its basic concepts and critical thinking skills while using ADIME.	Interactive lectures using class discussion, brain storming, case studies, etc.	Written examination and case studies.
3. Explain how to manage nutrition therapy in diabetes.	Interactive, case studies Individual Assignments	Discussion case studies, Monitoring students' progress in the selected activity
4. Explain the role of nutrition in the management, alleviation and prevention of critical illness such as CVD and GI disorders.	Lectures, Case Studies	case studies examination) Observation of students behaviors whilst students perform defined tasks.
5. Explain the implementation of medical nutrition therapy using various case studies and	Lecture, Case study	case studies examination) Observation of students behaviors whilst students perform defined tasks



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demonstrate their ability to lead and work successfully as part of a team in assignments.		
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4. ASSESSMENT WEIGHTING

Assessment	Percentage of final mark (%)
Midterm Examination	20
Quiz 1	10
Quiz 2	10
Practical	20
Final Examination	40
TOTAL	100%

5. ACHIEVING A PASS

Students will achieve **xx** credit hours for this course by passing **ALL** of the course assessments [*alternatively, list the compulsory pass assessments**] and achieving a **minimum overall score of xx%**

NB *Ensure that ALL learning outcomes are taken into account

6. COURSE CONTENT (Indicative)

LECTURE TOPIC	TIME (HOURS)
Introduction to Medical Nutrition Therapy	3
Documentation: introduction and understanding about ADIME and SOAP	3
Nutrition Care Process I, related case studies	3
Nutrition Care Process II, related case studies	3
Introduction to Diabetes: Overview	3
Introduction to Diabetes: Overview	3
Immuno-Nutrition	3
Medical Nutrition Therapy for Diabetes Mellitus I, case study	3
Medical Nutrition Therapy for Diabetes Mellitus II, case study	3
Medical Nutrition Therapy for Cardiovascular Disease I, case study	3
Medical Nutrition Therapy for Cardiovascular Disease II, case study	3
Medical Nutrition Therapy for Lower GI disorders I, case study	3
Medical Nutrition Therapy for Lower GI disorders II, case study	3
Case studies interpretation	3
Revision	



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TOTAL HOURS	45+15
Plus RECOMMENDED INDEPENDENT STUDY HOURS	
TOTAL COURSE HOURS	60

7. RECOMMENDED READING

Core text/s:

Mahan, L. K., Escott-Stump, S., & Raymond, J. L. (2017). Krause's food and the nutrition care process. (14th ed.). W.B. Saunders Company. ISBN13: 9780323340755; ISBN10: 032334075X

- Mahan, L.K. and S. Escott-Stump, Editors. 2008. Krause's Food & Nutrition Therapy. 12th Edition. W.B. Saunders Company, Philadelphia, PA.

- Gandy, J, editor, 2014. Manual of dietetics Practice, 5th edition. WILEY Blackwell.

Library + online resources:

ADA (American Dietetic Association Manual); 6th edition. Available at:

<http://www.eatright.org/>

- Canadian Journal Dietetic Practice Research, available at:

- <http://dcjournal.metapress.com/home/main.mpx>

- Journal of the Academy of Nutrition and Dietetics, available at:

<http://www.adajournal.org/>